

Appropriate Reach Zones and Storage Placement

Maintain a Healthy Posture

Primary Zone

- A Elbows should be fairly close to the body and shoulders relaxed with little to no reach required.
- B Include frequently used items such as keyboard or mouse.

Secondary Zone

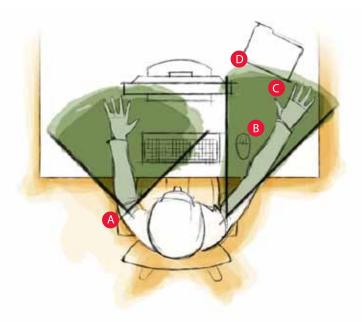
- Posture allows for more reaching with the arm stretched out from the body.
- Include items that the worker will use less frequently through out the day or for a shorter duration, such as large binders or manuals.

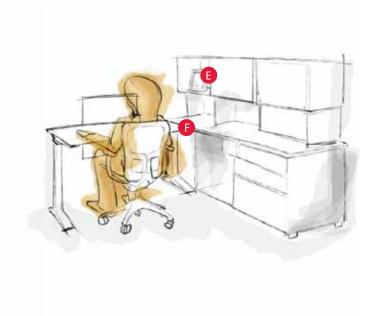
Tertiary Zone

Posture allows reaching with the arm stretched out from the body and bending at the waist. Placing items in this zone should be avoided if at all possible.

Storage

F Storage under the work surface should not limit the adjustability of the work surface or interfere with leg clearance or movement.





HELPFUL STORAGE TIPS

- Only items that are used infrequently should be placed in storage.
- Must not be located behind the monitor or limit height of monitor.
- Should be easily accessible and within reach.
- To avoid excessive reaches across the work surface storage should not be located in a far corner.
- Overhead storage should only contain items light enough for the worker to safely lift down with one hand.
- Overhead storage should not be used for large, bulky, heavy or clumsy items.